FATIGUE IN SPORTS: CAUSES, SYMPTOMS AND TREATMENT

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ABSTRACT

Fatigue is the tiredness which one feels after continuous work. It results normally if the person works beyond hiscapacity or due to exertion. Fatigue can be described as the lack of energy and motivation (both physical andmental). Fatigue may be of two types. They are Physiological Fatigue and Psychological Fatigue. There are severalcauses of fatigue. Some you can control, others, you may not be able to control. Fatigue can be caused byvarious lifestyle factors, psychological conditions, and medical conditions. There are many symptoms of fatigue.Many of these symptoms can disrupt your daily life and routine. Some of the symptoms are Muscle aches,Headaches, Extreme sleepiness, etc.. The type of fatigue occurs in our body as a result of exercise and sportsare muscle fatigue. Muscle fatigue is the ability of a muscle to generate the necessary force. Muscle fatiguecommonly occurs after exercising vigorously. Muscle fatigue can occur in two basic mechanisms: (a) centralinvolves proximal motor neurons (mainly in the brain); and (b) peripheral involves within the motor units (i.e.,motor neurons, peripheral nerves, motor endplates, muscle fibers). There are many factors which will cause fatiguein sports. Some of the factors are Lack of Conditioning, Poor Fueling, Neural Fatigue and Health Issues. If you aresuffering from chronic fatigue, you do not have to accept it, and live with it. There are treatments availablewhich can help. The treatment of chronic fatigue syndrome is basically treatments to relieve the symptoms.

Key words: *Fatigue, Psychological Fatigue and Physiological Fatigue.*

INTRODUCTION:

The definition of fatigue, is extreme tiredness. It is common for people to feel fatigued oncein a while. You can feel fatigued after a long week at work or after a difficult day with the kids. You can alsofeel fatigue after eating a big meal. These reasons are very common, and nothing to worry about. If you arefeeling extremely fatigued all the time for no apparent reason, there could be an underlying reason.

According to Bartley, "Fatigue or tiredness is but one of the many reactions of a person as a whole to asituation as he consciously or unconsciously interprets and evaluates it. Fatigue is simply one form of inadequacy tomeet the demands the person recognizes. "Fatigue is the tiredness which one feels after continuous work. It results normally if the person worksbeyond his capacity or due to exertion. Each of us responds to work differently and fatigue pattern vary in manyways. Pattern of fatigue depend upon individuals response to different work in different ways. Fatigue can be described as the lack of energy and motivation (both physical and mental). Also, fatigue canbe a normal response to physical and mental activity; in most normal individuals it is quickly relieved (usually inhours to

about a day, depending on the intensity of the activity) by reducing the activity. Fatigue is a very common complaint and it is important to remember that it is a symptom and not a disease. Many illnesses can result in the complaint of fatigue and they can be physical, psychological, or a combination ofthe two.

What Does Fatigue Mean?

When many people define fatigue, they call it a feel of sleepiness. While a feeling of sleepiness isincluded in the fatigue definition, there is much more to it than that. If you are asking yourself, "what isfatigue?", the answer would be tiredness, a desire to sleep, lack of motivation, and a feeling of wearinessFatigue depends upon one's approach, postural strain, muscle tension, concentration and skill required andequipment being used. If a person likes a job and enjoys doing it, she finds it less fatiguing than another which she dislikes.

The followings are some common factors of fatigue:

1. Mental approach
2. Postural strain
3. Muscular tension
4. Amount of concentration
5. Required skill
6. Frustration and worry
7. Lack of appreciation for the work done
8. Unfamiliar working conditions
9. Unexpected demands on her time and energy

Types of Fatigue:

Fatigue may be of two types:

1. Physiological Fatigue
2. Psychological Fatigue

1. Physiological Fatigue:

This type of Fatigue is related to the body. While doing muscular activity the body consumes fuel and gives outenergy. Glycogen is the energy producing material. It is formed by muscle tissue from carbohydrates. In muscularwork it unites with oxygen in the blood stream to release energy.Due to this process, carbon dioxide and lactic acid are produced. All these are the waste products, theirpresence interferes with continued muscular activity

and we feel tired and Physiological Fatigue arises. So all thesewaste products are to be removed from the body and the body requires more of fresh oxygen to oxidize the lacticacid.The blood stream takes away the carbon dioxide to the lungs where it is removed and brings oxygen to the muscle tooxidize lactic acid. Thus oxygen helps to prevent fatigue. Short periods of rest or deep breathing help the tiredperson to recover from Physiological Fatigue.

2. Psychological Fatigue:

Much of the fatigue experienced in the day to day activities of living is of psychological in nature.

Psychological Fatigue can be of two types:

(1) Boredom Fatigue
(2) Frustration Fatigue

1. Boredom Fatigue:

This type of fatigue arises out of following reasons:

(a) Dislike of the task performed.
(b) Lack of interest.
(c) Desire to stop the job.
(d) Monotonous and repetitive job.
(e) Lack of motivation to perform the job.

Boredom Fatigue may arise from the nature of job, with the result that some individuals could be boredwith one task and not bored with another. People who dislike routine are not well adjusted to the needs of thehousehold and not motivated to perform these jobs suffer from this kind of boredom.

2. Frustration Fatigue:

This type of fatigue arises when one becomes a failure and does not reach a goal after continuous effort. When plans fail to work out and goals cannot be reached or any conflict situation arises, a person may experiencefeelings of frustration and tension is increased. Housewives who do not plan their activities may not be able tocomplete the task getting tensed and become frustrated. Uncertainty and confusion in performance lack of appreciation for the work done, unfamiliar workingconditions, inability to satisfy all the family members, conflict with the new developments,

methods and timerequired by the task, continuous failure may lead to this type of frustration fatigue. Today's homemaker oftenparticipates in many activities outside the home. Her dual responsibilities involve worry, which adds to the problemof Fatigue.

Causes of Fatigue

There are several causes of fatigue. Some you can control, others, you may not be able to control. Fatigue can be caused by various lifestyle factors, psychological conditions, and medical conditions.

☐Alcohol use

☐Alcohol abuse

☐Excessive physical activity

☐Long periods of inactivity

☐Not enough sleepiness

☐Use of antihistamines

☐Use of cold and cough medications

☐Unhealthy eating habits

☐Depression

☐Anxiety

☐Stress

☐Diabetes

☐RLS (restless legs syndrome)

☐Obesity

☐Cancer

☐Chronic kidney disease

☐Overactive thyroid (hyperthyroidism)

☐Under active thyroid (hypothyroidism)

☐Anemia

☐Acute liver failure

☐Heart disease

Fatigue Symptoms

There are many symptoms of fatigue. Many of these symptoms can disrupt your daily life and routine.While it is common to experience the symptoms of fatigue occasionally, you should see a doctor if you arefeeling fatigued for two or more weeks. If you have tried to reduce stress, eat a healthy diet, and have made it apoint to get more rest, and you are still experiencing these symptoms, you should see a doctor. If the fatiguebecomes constant, you may be suffering from chronic fatigue. The chronic fatigue symptoms are similar tothose of simple fatigue, however, the chronic fatigue symptoms are much more severe.

☐Weakness

☐Muscle aches

☐Headaches

☐Extreme sleepiness

☐Lack of motivation

☐Inability to enjoy fun activities

☐Irritability

☐Becoming overly emotional

☐A desire to lie in bed all day

Compassion Fatigue

Compassion fatigue is commonly seen in doctors, nurses, and teachers. This type of fatigue is acombination of emotional, spiritual, and physical exhaustion. It is caused when a person is the caretaker forpatients who suffer from physical distress or serious emotional pain. While you are watching a person suffer, itcan take everything out of you at the same time.

Symptoms of Compassion Fatigue

☐Difficulty sleeping

☐Impaired judgment

☐Impaired behavior

☐Loss of hope

☐Anger

☐Depression

Extreme Fatigue in Women

Women often experience extreme fatigue. It can make everyday activities difficult.

Causes of Extreme Fatigue in Women

☐Stress

☐Family

☐Home

☐Work

☐Menstruation

There are several types of fatigue. Each type has similar symptoms, but different causes. If you areexperiencing any type of fatigue, there are treatments available. These treatments will make everyday tasksseem much less difficult.

Fatigue in sports

The type of fatigue occurs in our body as a result of exercise and sports is muscle fatigue.

Muscle Fatigue

Muscle fatigue is the ability of a muscle to generate the necessary force. Muscle fatigue commonly occurs afterexercising vigorously. Muscle fatigue can cause pain, soreness, or weakness in the muscles. In order to preventmuscle fatigue, you should avoid overdoing it during your workout.**Muscle fatigue** is the transient decrease in performance capacity of muscles, usually evidenced by a failure tomaintain or develop a certain expected force or power.Fatigue curves vary between individuals and within individuals depending upon the conditions that exist. Muscle fatigue can occur in two basic mechanisms: (a) central involves proximal motor neurons (mainly inthe brain); and (b) peripheral involves within the motor units (i.e., motor neurons, peripheral nerves, motorendplates, muscle fibers).

Central fatigue is caused by an inhibition elicited by nervous impulses from receptors (probably some kind ofchemo receptors) in the fatigued muscles. The inhibition may act on the motor pathways anywhere from thevoluntary centers in the brain to the spinal motor neurons. This kind of fatigue should manifest itself by a decrease
in the outflow of motor impulses to the muscles.
In **peripheral muscle fatigue** there are at least two different sites where repeated contractions may causeimpairment: the *"transmission mechanism"* (neuromuscular junction, muscle membrane, and endoplasmicreticulum), and the *"contractile mechanism"* (muscle filaments).

Causes of Fatigue in sports

The feeling of fatigue when you're participating in sports is your body's way of communicating that you need toease up on the intensity of your physical activity. Dr. Wim Ament explains in a 2009 journal review in "SportsMedicine" that fatigue helps prevent you from performing exercise at an intensity and duration that could causeharm to your body. While high-intensity or long-duration sports always eventually lead to fatigue, you can helpprevent it with proper conditioning and fueling.

Lack of Conditioning

Participating in sports requires a high level of conditioning in order for your muscles to be able to continue to workat a high intensity or for a longer duration. The University of Washington's Orthopedics and Sports Medicinedepartment notes that a lack of conditioning can cause your muscles to weaken and thus lead to fatigue morequickly. Once participation in your sporting event causes you to work at a level or duration beyond that of whichyou're conditioned, you'll feel fatigued. This is why athletes incorporate additional conditioning work into theirtraining regimen.

Poor Fueling

When you're participating in a sport, your muscles require adenosine triphosphate, which fuels contractions. During high-intensity sports, such as those that require sprinting, the ATP is provided through the anaerobic lactic pathway, which is extremely limited. As a result, you hit fatigue more quickly. During lower-intensity sports, such as distance running, the ATP is provided via the aerobic pathway, which is available in larger amounts; when conditioned, you can go farther without hitting fatigue. Once the ATP is used up, you'll feel fatigued. The body converts glucose and glycogen, which you get from food, to ATP, so ensure your blood glucose and glycogen levels are available for fuel by consuming carbohydrates prior to a sporting event. In addition, dehydration limits your body's ability to transport fuel to your working tissues, so take in plenty of fluids before and during sport to maintain performance.

Neural Fatigue

Short-term, intense exercise during sports can cause your neuromuscular system to become fatigued, and theneurotransmitters, which carry a nerve's message to the muscles, become impaired. When the neuromuscular system
becomes fatigued, it's less efficient, and the muscle fibers contract with less force and power.

Health Issues

Some fatigue can be caused by outside health issues. For example, athletes with arthritis can suffer from fatiguemore quickly. A lack of sleep and low levels of iron also can lead to fatigue. In addition, emotional issues, such asdepression and stress, can cause you to become physically fatigued more quickly.

Chronic Fatigue Syndrome Treatment

If you are suffering from chronic fatigue, you do not have to accept it, and live with it. There are treatmentsavailable which can help. The treatment of chronic fatigue syndrome is basically treatments to relieve thesymptoms.

☐**Antidepressants:** Many people who suffer from chronic fatigue are also suffering from depression. Ifyou take an antidepressant to treat the depression, it may make it easier to deal with the issues associated withchronic fatigue. A mild antidepressant will also help with your sleep, and relieve any muscle pain that you areexperiencing due to the chronic fatigue.

☐**Sleeping pills:** Taking either an over the counter sleep aid, or having one prescribed by your doctor is a great way to treat chronic fatigue. In taking a sleeping pill, you will be able to fall asleep faster, and stay asleep longer. This will prevent the feeling of tiredness associated with fatigue.

☐**Start a bedtime routine:** Going to bed at the same time every night will help with chronic fatigue. Also, you should avoid napping. While you may have the urge to nap throughout the day, it can only do you harm when it is time to go to sleep at night.

☐**Avoid caffeine:** Caffeine is a stimulant, which can make it a powerful force behind chronic fatigue syndrome. If you cut the caffeine out of your diet, you will be more relaxed, and will be able to sleep better.

☐**Psychological counseling:** By speaking with a counselor, you can discuss ways of coping with your chronic fatigue, so that it does not create problems in your everyday life.

☐**Graded exercise:** Inactivity is a major cause of chronic fatigue. By exercising more often, and doing range of motion and stretching exercises, you are becoming more active. These exercises need to be done in just a few minutes a day, and can make a huge difference in your level of fatigue.

☐**Level out your activity:** If you are having a good day, you do not want to go overboard with your level of activity. If you overdo it on a good day, you will have many more bad days.

☐**Reduce stress:** While it may be easier said than done, reducing stress is a great way to treat chronic fatigue. If you find yourself getting overwhelmed, you should step back, calm down, and relax. There are many stress reduction techniques that you can try to keep your stress level down.

☐**Massage:** Getting a nice massage is a great way to combat fatigue.

☐Acupuncture: Acupuncture, a method of relieving the symptoms of several conditions through the use of needles, is a great way to relieve the symptoms of chronic fatigue.

☐**Yoga:** Yoga will not only add some activity into your daily routine, it is also a very relaxing way to be more active. This can have a great impact on your level of fatigue.

☐**Anti fatigue mats:** Anti fatigue mats are made to reduce fatigue that is used when standing or sitting on hard surfaces for long periods of time. These mats can be made of rubber, vinyl, carpeting, and wood.

CONCLUSION:

If you are training hard, you may not understand how important rest is to your fitness goals. After all, itcan be incredibly tempting to push yourself in an attempt to build bigger muscles, more endurance and skills whichare beyond compare. Being short on sleep can lead to increased chances of illness since your immune system willeventually become run down and will stop being able to fight infection so easily.Sleep does more than give us energy, although that is an important benefit. If you are fatigued, you willnot be able to train as hard or as long and this can make your workouts downright ineffective. You will find thatwhether you are performing drills or you are playing in a game, without energy you will be unable to keep up withthe other players. That can cause you to miss important passes or chances to score and can bring your entire teamdown. Obviously, this is not something you want so it is important to go into each game well rested and full of energy. It is important for you to make sure you are getting a sufficient amount of quality sleep in order to keepyourself in top physical and mental condition. The last thing you want to do is allow your fatigue to cost your teamthe victory they have been working so hard to achieve.

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THE ANALYSIS OF YOGA PRACTICES ON STRESS OF SCHOOL CHILDREN

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ABSTRACT

The aim of this study was to analyse the yoga practices on stress of school children with the age range 14 to 17years. For this 50 subjects were drawn from a school of Delhi by using purposive sampling. Pre and post data werecollected before and after yoga practices for 8 weeks using stress inventory for school students (SISS) by SeemaRani and Dr. BasantBahadur Singh. Since calculated value of t ratio (=5.5381) is greater than tabulated t 0.05 (98)
(= 1.9845). It is concluded that yoga produces positive and major part to decrease stress of school children.

Keywords: *Yoga practices, Stress, School children.*

INTRODUCTION

The word "yoga" has come to describe a means of uniting or a method of discipline: to join the body to themind and together join to the self (soul), or the union between the individual self and the transcendental self.

Ayurvedic texts describe 8 components or arms of Yoga that encompass a philosophy of life:

(a) yama (selfrestraint)

(b) niyama (routines)

(c) asana (postures and physical exercises)

(d) pranayama (use of breathing to achieve focus)

(e) pratyhara (withdrawal of mind from sense organs)

(f) dharana (concentration)

(g) dhyana(meditation)

(h) samadhi (emancipation).

India has a rich tradition of yogic practices. Now-a-days yoga, the ancient practice of postures, breathingand meditation is gaining a lot of attention from healthcare Professionals. With increasing scientific research inyoga, its therapeutic aspects are also being explored. Yoga through its techniques of meditation, asanas, andpranayama yields a positive effect in the management of stress in adolescents. The processing of sensoryinformation at the thalamic level is facilitated during the practice of pranayama and meditation. These two practicesalong with physical postures (asanas), cleansing practices, devotional sessions, and lectures on the theory andphilosophy of yoga were focused to bring about an improvement in the steadiness of school students following 10days of practice. This improvement was believed to be due to improved eye-hand coordination, attention,concentration, and relaxation.

Aim of study: The aim of this study was to analyse the yoga practices on stress of school children.

Hypothesis: Practice of yoga will significantly decrease the stress of school children.

METHODOLOGY

Selection of subjects

This study was conducted with 50 school children from a school of Delhi. Samples were selected by applying the purposive sampling, their aged range 14–17 years.

Research design:

Pre and post single group

Symbolically, **S -P1- Y- P2**

Where, **S**= single group,

P1= pre- test,

Y= Yoga practices,

P2= Post-test

Stress inventory

Using stress inventory for school students (SISS) by Seema Rani and Dr. BasantBahadur Singh Firstly, byusing SISS questioner of each subject was measured and post measurement of SISS questioner for the same subjectswere taken after allowing practice of yoga for 8 weeks.

Details of Yogic Practices

The selected school children that are yoga practice (experimental group) was subjected to a 8-weeks yogicasanasprogramme. The asanasprogramme was consisting of a variety of yogic asanas:

Standing Postures

1. Alanasana
2. UtthitaParsvakonasana
3. AdhoMukhaSvanasana

Balancing Postures

1. ParivrttaArdhaChandrasana
2. Utthita Hasta Padangusthasana
3. ArdhaChandrasana

Arm-Balancing Postures

1. Vasisthasana

2. Purvottanasana
3. Mayurasana

Inverted Postures

1. Sarvangasana
2. Halasana
3. Sirsasana

Backward-Bending Postures

1. Setu Banda Sarvangasana
2. Dhanurasana
3. Ekapada raja kapotasana

The yogic practices programme was given to experimental group for 8 weeks of one session in the morningstarting in first week of June to July 2015 between 5.45 A.M. to 6.30 A.M for three days on Monday, Wednesday,and Friday as shown in Table.

Yogic Practices Programme

Week	Yogasana positions	Intensity	Repetition	Set	Frequency Per Week	Each Asana	Rest in between Asanas
1	Standing Postures	50%	12 times	3	3 days	2 minute	30 Seconds
2	Balancing Postures	60%	10 times	3	3 days	2 minute	30 Seconds
3-4	Arm-Balancing	70%	8 times	3	3 days	2 minute	30 Seconds

	Postures						
5-6	Inverted Postures	80%	6 times	3	3 days	2 minute	30 Seconds
7-8	Backward-Bending Postures	85%	6 times	3	3 days	2 minute	30 Seconds

Statistical Analysis

The data collected for the study was statistically analyzed by using‘t’ ratio at 0.05 level of significance.

RESULTS

The data collected for this study was compared on stress of students statistically analyzed by using ‘t’ ratio at 0.05 level of significance is shown in table -1

Table -1 Analysis of (Pre and Post) means on stress of school children

Group	Mean	SD	N	SEM	t ratio
Pre	107.14	13.48	50	1.9064	**5.5381***
Post	94.26	9.42	50	1.3322	

***Significant at 0.05 level of significant, Tab t.05 (98) = 1.9845**

For two-tail test, the value of tabulated t at 0.05 level of significance t ratio =5.5381. Hypothesis may beaccepted and it may be concluded that practice of yoga causes significant decrease in the stress of students.

Discussion

The effectiveness of yoga practices may be attributed to the reason that yoga practices decrease the level ofstress of an individual, as by practicing the yoga the arousal level of the individual is regulated which in return helpus to decrease the stress level. Therefore, proposed hypothesis has been accepted in case of stress of school children.

Conclusion

Yoga practices decreases the level of stress in school children.

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CONTRIBUTION OF SPORTS ACTIVITIES IN PERSONALITY DEVELOPMENT

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ABSTRACT

There have been numerous studies to study the personality of successful sports persons .But the impact of indulging in sports activities on overall development have been done sparingly. However with our aim to make India a sports superpower and to attract the right talent towards the field, it's impact needs to be analyzed thoroughly. Most of the studies conducted in the field of physical education and sports have tried to link personality of sportspersons to fit on various team and non-team sports and also different disciplines within these categories. However, there has been little or less research on how participating in sports activities helps building the character and improvingpersonality. As sports activities are a part of learning process and they do influence the personality of people who
takes part in these physical activities. Here we are trying to access the impact of sports activity on personality and character.

Keywords: *Sports activities, personality, mental health, anxiety.*

1. INTRODUCTION

The value of games is now being increasingly recognized in India from personal, social, educational and nationalpoints of view. Games and sports are essential for the all-round development of a personality. It is by playing games
and sports that we can develop and maintain our health. Games keep our body alert, active, youthful and energetic in activities involving games and sports, blood-circulation increases and there is an increased supply of oxygen. Only a healthy person can work long, hard and cheerfully. An unhealthy person may not take as much interest in work as a healthy one. Health can be maintained by exercise alone. But games and sports have some additional benefits asthey are played in groups and in healthy competitive spirit. Among many other things, they help developcooperation, quality of leadership, team spirit and a willingness to submit to, and further, the rule of law. Gamesinstill in the players the spirit of self-reliance, justice, fair play and sporting spirit. They make people bold,adventurous, social, disciplined and more conscious of their responsibilities towards society and nation. Players have
been found better equipped to fight superstitions, communalism, obscurantism and narrow approach to issues ofnational interest. Games also help in overcoming the sense of violence, arrogance and superiority as these are purged
by providing them sufficient out let. A sports person may not lose his or her temper and morale even in the face ofdefeat because he/she would take it coolly, calmly and then would try to perform better the next time. Players know
that victory and defeat are the two aspects of the same coin. There is more joy in playing than in its end result.

2. Human

Human excellence is the product of physical fitness, physique, technical and tactical training, along with psychicstate of the individual. Sports psychology is an innovative field which brought many innovations in the performance

of the sportsmen. The sports achievement is the product of various qualities of the athletes includes psychological makeup.

3. Mental Health

Mental Health is the state of personal mental well-being in which individuals feel basically satisfied withthemselves, their role in life and their relationship with others (Mangal.S.K., 1984T Sonia Kanwar and RajinderBishnoi (2007) found that the champion Judokas are higher in mental health than the non-champion Judokas.Improvements in quality of life and emotional well-being, Sports and Health have been reported even in the absenceof objective diagnostic improvement (Faulkner & Biddle, 1999). In personality, extraversion and introversion areamong the variables which influence sports performance in addition to many other personality variables.

Extraversion has been found to be highly related or supportive to dominance sociality in athletes and supportiveparticipants (Alderman, 1974). Mental health means harmony between values, attitudes and interest with the scopeof action of the individuals and consequently realistic life planning and purposeful implementation of life concepts(Divine &Stillian, 1989). "Mental Health is very much related physical fitness and mental fitness" (Milton G.Thakerey, 1979). The relationship between physical activity and mental health! - Outcomes motivate people topersist in; physical activity while also having a potentially i positive impact on well -being (Biddle & ' Mutric,2001). Improved mental health and psychological well-being are used for the l, reduction of anxiety and stress(Biddle, S., 2000). A good mental health is essential for leading a good life.

4. Personality

Personality is the totality of his being and includes his physical, mental, emotional, and temperamental makeup. Themodern life is full of stress and tension, which might change the personality of the individual. The personality of theindividual is determined by their activities. Hence, the personality of the sportsman and non-sportsman differs insome extent. Mohan et al (1979) found that the players were more extraverted than the non-players and low onneuroticism implying more stability of emotionality. Researches have found that the higher level of

performancegroup was more extravert than low performance group, and non-sportsmen are more neurotic than the higherperformance group (Singh, 1979; Thakur & Thakur, 1980; Lajj Mohan &Bhupinder, 2008).

5. Anxiety

Anxiety is "an uneasiness and feeling of foreboding often found when a person is about to embark on a hazardousventure; it is often accompanied by a strong desire to excel" (Frost, 1971). Anxiety is likely to be greater in highercompetitive sports than in relatively noncompetitive sports because, in the competitive sports, participants areexpected to win and great demands are made upon them to win (Agyajit Singh, 2008). Anxiety is having cognitiveaspect of mental component of fear of negative social evaluation, fear of failure, loss of self-esteem and somaticcomponents such as physiological responses as increased heart rate, respiration, and muscular tension and known as

somatic anxiety (Richard H. Cox, 2002). Research studies related to anxiety and sports performance indicated that optimum amount of anxiety heightened the athletic performance. The ability to deal with anxiety is an integral part of sports training. Athletes, who are able to overcome their anxiety, perform much better than some of the strongest contenders of the sports and games. DrHari Singh and Sunil in their study about emotional intelligence among team and individuals sportsmen has concluded that there is a significant difference between emotional intelligence ofindividual sportsmen and team sportsmen. P. Gopinath et al (2013) in their study of comparative analysis of mental

health, personality traits and anxiety of sportsmen and non-sportsmen has concluded Sportsmen are having higher mental health status as compared to non-sportsmen. It will make them into high achievers in both academic as well as their entire endeavor. This study indicated that the students should take up sports activities in order to developtheir mental health which will provide the pleasurable and enjoyable life. Mental health is as equaling to physicalhealth. The sportsmen are more extraverts in comparison with non-sports. It is because the sportspersons are moreexposed in the outer world. The sportspersons are less neurotic than non-sportspersons. There will be a significantdifference in both extraversion and neurotic between sportsmen and non-sportsmen. It indicates that the sportsactivities are made available to mould the students to make them a higher personality person, the sportsmen haveless anxiety than non- sportsmen. Nonsportspersons generally will not face many challenges in the life and there for

their anxiety level much higher that sportspersons. A paper published in 2006 concludes that though there are ethical problems in the world of sports in which cheating, hurting an opponent, arguing with sports officials have happened but also admitted that though sports helps building character and improving personality, the main onus is oncoaches, trainers and counselors to mould the behavior of a child to build a strong character. Larson (2003) askedvarious

sports persons on various variables like teamwork leadership, honesty, responsibility, accepting mistake,appreciating different level of achievement, self-confidence, tranquility, respect for team mates etc. in which most of the players have admitted that they gained positively on these variables though in different degrees. However, oneother perspective is that while taking parts in sports we see players indulging in unethical practices like hurting anopponent, cheating, taking advantage of loopholes, more importance to winning, doping, foul play etc. But aseverything has two sides attached to it one can take either way he wants .Most importantly it is the responsibility of coaches, teachers, trainers, counselors to show the right path to their trainees so that taking part in sports activitydoes not lead to wrong ways but build a more refined person with character who can contribute to nation building in real sense. There are ethical problems in the world of sports that need to be addressed. For example, in a recentinvestigation of youth sports (Shields, Bredemeier. LaVoi, & Power, 2005), it was found that nine percent of thefifth through eighth grade athletes acknowledged cheating. Thirteen percent said that they had tried to hurt anopponent; nearly a third acknowledged having argued with a sport official, and 27% said that they had acted like a "bad sport.'' Problems were also identified with the behavior of coaches and spectators. Despite reports such asthese, many sport enthusiasts maintain that sport builds character.

6. Conclusion

Thus, it is very much important that we recognize the potential of taking part in sports activities not only for winning medals but also to lay foundations of healthy India. This is all the more important taking into consideration ourdemography and our aspirations to reap the demographic dividend. Special responsibility is on coaches, trainers,physical educationists, teachers, government as well as society to make sports attractive to young minds becausebeing a sports superpower is also an important and very much achievable aspirations of our nation

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